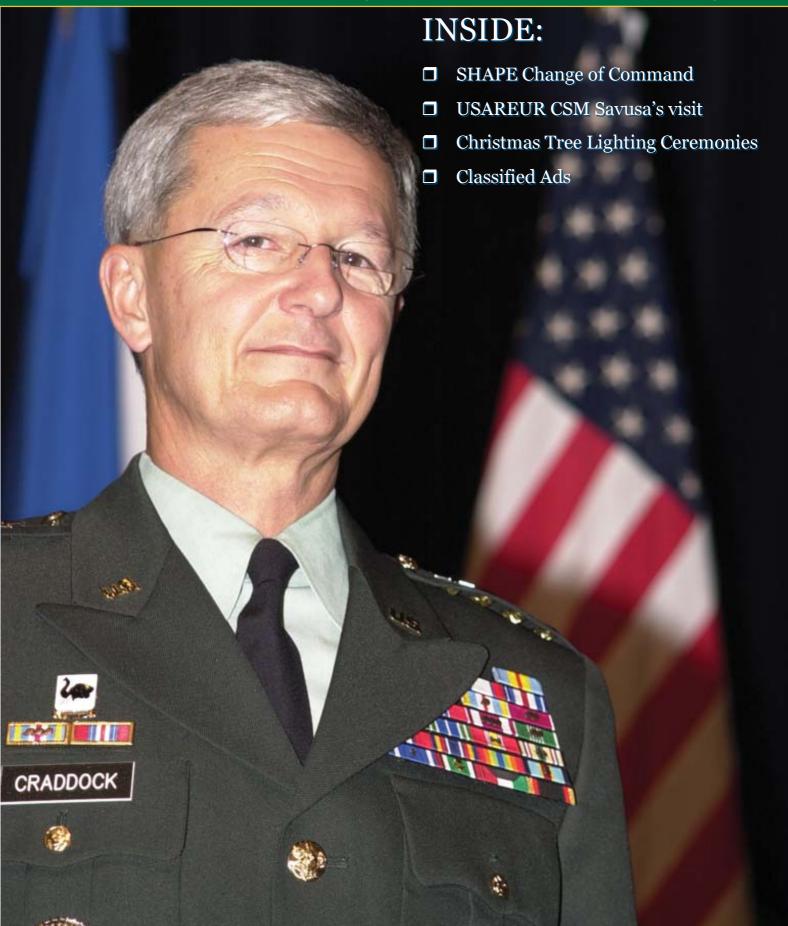
Volume 1, Issue 2

'Sharpen the Sword'

January 2007







The following are questions customers submitted through the U.S. Army Garrison Benelux Interactive Customer Evaluation (I.C.E.) system with the responses from the service provider.

#### **AFN Benelux**

#### **Ouestion:**

"Why doesn't AFN Radio play more upto-date music?"

AFN radio does research on the most popular music and the music we play is based on that research.

The research includes a comparison of several of the music charts listed in industry reports.

These reports categorize the music into style, radio air play and CD sales. We compile this information and choose the top songs for the audience we are trying to

Rest assured, we are not playing a song just because we like it, we are playing songs based on a scientific method to try to meet the needs of our audience.

"Why don't you have a monthly open line call-in show with one of the commanders?

Open line call-in shows are a great opportunity for commanders to address important issues with listeners.

Usually AFN will have an open line show at the request of the commander, and usually the commander has a need to address the audience directly in this type of format.

To have a monthly show of this type usually means the community is undergoing many changes that require the commander to get the word out to avoid confusion.

Did you know? ICE is a Department of Defense (DoD) on-line program that allows customers to rate DoD facilities worldwide.

We need your comments, kudos, questions and concerns! To submit go to http:/ /www.usagbenelux.eur.army.mil and click the ICE link to tell us what you think.

## Nowowiejski Notes

Welcome to a New Year. The past holiday season was a time to reflect on the good things we enjoy, to spend time with loved ones, to remember those less fortunate and to support those deployed from our communities.

The New Year is a time to reflect, usually to make a resolution about something we would like to change in our lives, or how we would be a better person. As you consider what you would like to be different in 2007, please think about two things: the resources and programs available in the Benelux, and the need for wellness and fitness.

This magazine is an effort to keep you informed. As you turn your new leaf in 2007, make personal plans, and consider the future, please take a new perspective to the Benelux EDGE. This magazine is designed to give you a glimpse of the range of programs offered to make the Benelux a better place to live, and to give you visibility of what is going on in communities outside where you live.

We hope that you will review the pages of the entire magazine, not just the news and announcements of your locale, be it Chièvres, Schinnen, or Brussels. We hope that as you are making plans, you will consider a drive to something that interests you, even if it turns into a Saturday trip. Taken collectively, there are so many activities of interest, that the challenge is getting the word to you about them, and gaining your support. The Benelux EDGE is a part of that. So is the USAG Benelux web page, www.usagbenelux.eur. army.mil, which is where you should go for information between these editions of The EDGE.

During a time of New Year's resolutions, and winter weather, many of us turn attention to health, fitness, and wellness. As you do, consider that Army Community Services provides



Col. Dean A. Nowowiejski **USAG** Benelux Commander

many joint programs that support wellness such as parenting classes, financial readiness, and family advocacy. The Army Substance Abuse Program or local health care facility offer support or classes to help you quit smoking, handle drinking, understand nutrition or lose weight. We operate several fitness facilities across the Benelux, such as the Andre Bruhls Fitness Center at Schinnen, the Community Activity Center at Chièvres, or the fitness facility at USAG Brussels. There are classes and support programs at each one on subjects like yoga or weight lifting. The point is that as you consider fitness in this new year, there are a variety of activities available, and some that you might not think of, unless you check inside these pages of the Benelux EDGE. Healthy hunting!

#### Letter to the Editor

To the USAG Benelux:

On behalf of myself, my wife Chris and our four boys I want to thank the entire USAG Benelux command and community for the outstanding support and graciousness shown to us during my recently completed tour in Iraq.

While deployed I received numerous care packages and notes of support from people throughout the Benelux community.

greatly appreciated! In addition, my wife al-



Maj. John M. Lorenzen **USAG** Schinnen

ways knew that if she needed anything she could turn to those in the community and receive assistance. Knowing that my family was taken care of allowed me to focus on my mission and made the separation a bit easier.

Each show of support helped brighten the long days spent away from loved ones and made me so thankful that we are part of the Benelux community. It is absolutely great to be

Be assured that each package and note was back and I wish everyone a very Merry Christmas and Happy New Year!

COVER Рното: The new Supreme Allied Commander for Europe Army Gen. John Craddock took command of the Supreme headquarters Allied Powers Europe here, Dec. 7, from Marine Gen. James L. Jones. Craddock becomes the 15th SACEUR, following in the footsteps of retired Army generals George A. Joulwan, John Shalikashvili, Matthew B. Ridgway and former President Dwight D. Eisenhower.



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Lt. Col. Patrick J. Kilroy	USAG Brussels
Lt. Col. John G Romero	Chièvres Garrison
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#### **Policy**

- We encourage letters to the editor, but they must be signed. We will consider withholding the name of the author upon request. Letters regarding an issue should contribute to informational interest.
- We reserve the right to edit all material for style, to fit available space, to resolve libel, force protection and grammar.



USAG Benelux is a direct reporting garrison to the Installation Management Command-Europe

## Say WHAT?

## What Warrior Task would add to complement a Soldiers' current training for possible deployment downrange and why?

"Any Soldiers deploying should have a native speaker with language capabilities and local cultural skills with them in order to have adequate intelligence. Without anyone speaking the local language, you would get standard answers whereas if someone speaks the local language, you would know about the real issues straight from the locals. Also, when the locals see U.S. Soldiers who speak their language, it takes away a barrier of prejudice and helps to get the right message across."



Sgt. Ist Class Mohammad Tabassum Chièvres Garrison



**Staff Sgt. Anthony Maddox** USAG Brussels

"I think that in light of some of the safety issues the Army is having, we as NCOs should recommit ourselves to better understanding just what "attention to detail" means when performing any Warrior Task. One Soldier hurt or injured every nine minutes, and much of this is due to a "we have been doing it like this" type of mentality. This is totally preventable and it has to stop. Let's get back into the habit of doing it "by the book" and paying attention to the details."

"Learning how to deal with losing a fellow comrade. How to overcome your emotions and drive on with the mission. Sure, this is what chaplains are for but they won't be there on the scene when you just watched your buddy get hit by an IED (Improvised Explosive Device)."



Staff Sgt. Matthew J. Hoctel
USAG Schinnen



## Gen. Craddock takes over SHAPE helm



By J.D. Hardesty

Benelux EDGE Editor

Army Gen. Brantz J. (John) Craddock became the 15 Supreme Allied Commander of Supreme Headquarters Allied Powers in Europe Dec. 7 in Casteau, Belgium.

Craddock assumed command from Marine Gen. James L. Jones, the first U.S. Marine Corps officer to assume the post as Supreme Allied Commander. Craddock became the 12th U.S. Army general to lead the North Atlantic Treaty Organization element.

Jones is retiring in February after nearly 40 years of military service. Under Jones' three years of command, he saw the creation of the new NATO Response Force and helped streamline NATO's military command structure. Under his leadership, NATO troops were deployed outside its traditional NATO borders. NATO has 26 member and 20 partner nations.

"I have always appreciated NATO and have always known what NATO meant and have always understood NATO, now, I love NATO," Jones said.

NATO Secretary General H.E. Jaap de Hoop Scheffer, presiding over the change of command ceremony, thanked Jones for his leadership and bringing his "expeditionary spirit" to NATO while overseeing "the busiest operational era in NATO's history with missions and operations successfully conducted on four continents while managing to drive forward many aspects of NATO's ongoing transformation.

"On behalf of the North Atlantic Council, I should like to thank General Jones for his superb leadership and for the key role he has played in successfully commanding NATO's operations and missions, as well as driving forward so many aspects of NATO's ongoing transformation," said de Hoop Scheffer. "It has been a pleasure to work with you, and to know you. As a Soldier, a gentleman and a friend you never failed either the Alliance or me, living up to the Marine Corps motto semper fidelis, always faithful."

"As with all walks of life, when one chapter closes, another one opens. It therefore gives me great pleasure to welcome General Craddock, United States Army to SHAPE as our new Supreme Allied Commander Europe," said De Hoop Scheffer.

Craddock comes to SHAPE after commanding the U.S. Southern Command in Miami since 2004. After joining the U.S. Army, he initially served as an Armor Officer and occupied various staff and command positions, having deployed to Desert Storm and Desert Shield as commander of the 4th Battalion, 64th Armor of the 24th Infantry Division. He also commanded the 194th Separate Armored Brigade and eventually the 1st In-

fantry Division (Mechanized).

De Hoop Scheffer addressing his remarks to Craddock, explained "you are arriving at an important time for our Alliance. Last week, in Riga, (Latvia), the Alliance's heads of state and government laid out the direction that NATO's continuing transformation will be taking over the next few years. We look to you to march Allied Command Operations boldly along that path to ensure that our Alliance can continue to defend successfully our common security interests values and values."

Currently, NATO has approximately 51,000 troops deployed in support of operations in Afghanistan and the Balkans, as well as Operation Active Endeavour and Training Mission Iraq.

"Today, to assume command of NATO's military forces is an honor without equal," Craddock said. "NATO is more vibrant and relevant than ever. Last week's summit meeting in Riga reaffirmed our conviction that this Alliance is stronger and more vital to our collective well-being and security than it has ever been."

Craddock joined NATO's secretary general in praising Jones' accomplishments for leading NATO through "a remarkable renaissance."

Furthermore, Craddock iterated, to "all of you remarkable service members, civilians and family members who make up the SHAPE/Allied Command Operations family and who give so much of yourselves on a daily basis must continue on the path both history and previous SACEURs have carved out for us to nurture the seeds of democracy wherever they are sown, to encourage cooperative relations that engender peace and prosperity, and to wage the struggle against terrorism steadfastly as it unfolds."

"I am humbled to assume command of such a magnificent organization. I look forward to working with all of you in your important duties here at SHAPE," he said. "The Alliance has placed great trust in us and we will administer the task set before us with dedication, perseverance and the utmost skill."

The Supreme Allied Commander Europe has a dual role as Commander of Allied Command Operations and US European Command. Craddock accepted command of USEUCOM Dec. 4, during a ceremony held at Patch Barracks in Stuttgart, Germany.

PHOTO: J.D. Hardesty

NATO Secretary General H.E. Jaap de Hoop Scheffer (left) passes the SHAPE colors to the incoming Supreme Allied Commander of Supreme Headquarters Allied Powers in Europe U.S. Army Gen. Brantz J.(John) Craddock Dec. 7 in Casteau, Belgium. Craddock replaces U.S. Marine Corps Gen. James L. Jones.









#### **Enlisted Call**

## CSM Savusa visits Benelux Soldiers

By J.D. Hardesty

Benelux EDGE Editor

U.S. Army Europe Command Sgt. Maj. Iuniasolua T. Savusa visited with U.S. Army Garrison Benelux Soldiers Dec. 15 at Chièvres Air Base.

USAREUR's top enlisted Soldier received a tour of the facilities, watched Directorate of Emergency Services crowd control baton training and had lunch with junior Soldiers prior to holding an Enlisted Call to talk with the troops.

With laudatory praise for the Soldiers supporting NATO elements, Savusa explained that noncommissioned officers need to set subordinates up for success.

"I am proud of what you do in the Benelux area and in Belgium," he said. "I hear a lot about the people who work and live here. Whether Soldiers are stationed in Belgium, Germany or elsewhere in Europe, I want them to know that it is a great place to Soldier, to train, to continue their leadership development and a great place to raise a family."

Citing recent base closures, Savusa ex-



PHOTO: J.D. Hardest

U.S. Army Europe Command Sgt. Maj. Iuniasolua T. Savusa talks with Soldiers from across the U.S. Army Garrison Benelux footprint during an enlisted call held Dec. 15 at the Community Activity Center on Chièvres Air Base.

plained, "As you hear about installations being closed in recent announcements, there are only a few civilian employee positions being affected. We will still support the three NATO headquarters in the Benelux and support operations in Germany and Italy."

Savusa told the Soldiers gathered at the enlisted call "they need to know those decision-makers in the Pentagon hear us," he said. "We still have an important mission and we still have our fighting forces."

He also highlighted the ongoing garrison mission of supporting the war-fighters' families.

"Soldiers, your mission here with our NATO partners is important on fighting the War on Terror," he said. "I'm proud of what you continue to do. Focus on your mission and be a leader supporting your NATO elements."

Savusa discussed NCO leadership to the estimated 200 Soldiers in attendance.

Leaders need to lead 24 hours a day, seven days a week," he said. "And educate yourselves on what Soldiers quality of life is like in the barracks."

### Bastogne Historical March

#### Soldiers walk amongst 'Band of Brothers' hallowed footsteps

Benelux Public Affairs Office

U.S. Army, Europe Command Sgt. Maj. Iuniasolua T. Savusa joined Soldiers from U.S. Army Garrison Benelux and 2,300 other walkers following in the footsteps of Easy Company, 506th Parachute Infantry, 101st Airborne Division's "Band of Brothers" during the Bastogne Historical March.

"As with any historical place, I feel at awe," Savusa said. "Being on the same trail as the Band of Brothers and participating to the 29th Bastogne Historical March is truly an honor."

Savusa was joined by hundreds of Soldiers from across Europe.

"What is truly amazing is the amount of support the event has received and the number of USAREUR and USAG Benelux Soldiers who participated," he said. "This shows our continued participation in an Alliance that instills peace and freedom in the world."

It also gave him time to reflect on Soldiers from then and now.

"Soldiers who fought in this part of the world gave us the freedom to do what we're doing today. Whether our Soldiers fought here in World War II or are fighting now in Iraq, what they share is courage and valor."



PHOTO: Courtesy Kevin Daugherty, Stars and Stripes

U.S. Army Europe Command Sgt. Maj. Iuniasolua T. Savusa (center) leads a group of Soldiers along the 22-kilometer Bastogne Historical March in the 506th Parachute Infantry Regiment, 101st Airborne Division's footprint during World War II. Installation Management Command's European Division Command Sgt. Maj. John Gaines (right) accompanied Savusa, along with U.S. Army Garrison Benelux Soldiers.



## **Warrior Tasks**



PHOTOS: J.D. Hardesty

Sgt. William Hood from U.S. Army Garrison Schinnen uses the mirror to back up his Humvee during USAG Benelux Warrior Task training recently held at Chièvres Air Base.

#### Benelux Soldiers get hands-on training

By J.D. Hardesty Benelux EDGE Editor

Ensuring Soldiers are ready to answer the nation's call can save lives.

"It's just the right thing to do," said Headquarters and Headquarters Company U.S. Army Garrison Benelux 1st Sgt. Michael Roth as he explained how the Warrior Task training met the company's mission essential task list train-up requirements.

Soldiers in the rank of staff sergeant and below must be licensed on the Humvee.

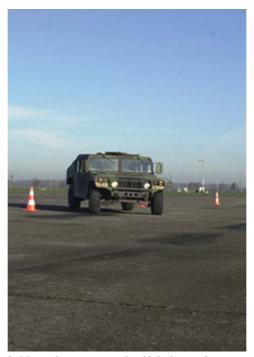
"We are conducting training in small increments across the Benelux," he said.

The Humvee training included how to prevent roll-overs, actions to take when a roll-over occurs, gunner assistance techniques, convoy familiarization and training.

"Drivers need to be aware of their surrounding and speed, distance from other convoy vehicles and other driving conditions," he said.

The training encompassed the train-thetrainer model as each vehicle had a trained Soldier on board to answer questions and observe techniques and give guidance through convoy, roll-over and obstacle course training.

"Just because we are stationed here in the Benelux doesn't take away from our responsibility as noncommissioned officers and junior officers to ensure Soldiers are trained to standard," said Capt. Kendall Adams, HHC, USAG Benelux commander. "Training Soldiers to the standards needed to deploy downrange is essential because we have Soldiers deploying in support of NATO contingency operations.



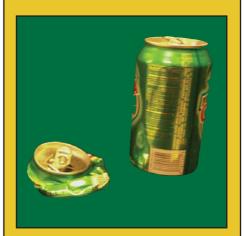
Soldiers from across the U.S. Army Garrison Benelux recently received hands-on Humvee training that included preventive maintenance checks and services, rollover contingencies, driving an obstacle course and convoy operations at Chièvres Air Base.

"Ultimately, our training posture is to improve a Soldier's combat readiness and effectiveness," he said. An additional benefit is the training might just save a Soldier's life."

USAG Benelux Soldiers also participate in U.S. Army NATO Individual Deployment Training and provide an Opposing Force (OPFOR) with USANATO.

"Our training is important," Adams said.
"We want to make sure we give all of the Soldiers across the Benelux the training necessary to come home after a good fight."

## Community News



### Smart Recycling

By J.D. Hardesty Benelux EDGE Editor

Recycling is good for the environment. Recycling smartly is great for the U.S. Army Garrison Benelux's financial coffers

According to Michel Rucq, USAG Benelux environmental technician in charge with solid waste management, crushing plastic bottles and cans could save the command more than \$1,400 euro per year.

Within the Chièvres Garrison alone, community members recycled 1,700 pounds of aluminum cans, or an average of 25,000 to 30,000 cans per year.

Nearly 1.75 tons of plastic bottles were recycled last year within the Chièvres Garnson community.

The garrison pays for disposal by volume so the savings pile up when the cans and plastic bottles are crushed.

According to Rucq, a 150-centiliter plastic bottle can be crushed to 30 centiliters.

"We are charged by volume for our plastic bottle disposal," said Philippe Dumont, of USAG Benelux, environmental management office. If recyclers would crush their bottles, we could recycle five times as many bottles per dome container - saving the garrison money by reducing the number of containers we need for disposal."

Dumont estimates the same is true when aluminum cans are crushed before they are placed in the recycle containers.

"We could put more than five times the number of aluminum cans in the recycle bin if they were crushed before hand," he said.



## Flory to serve at NATO

Department of Defense press release

The Department of Defense announced today Peter C. W. Flory was selected to serve as NATO assistant secretary general for defence investment (ASG/DI), beginning in January.



Peter C.W. Flory
NATO Assistant Secretary for
Defense Investment

As the ASG/DI, he will be responsible for the promotion of NATO armaments cooperation policies and programs, and for military common funding. The ASG/DI is chairman of NATO's Conference of National Armaments Directors (CNAD), chairman of the board of directors for NATO's Consultation, Command, and Control Organization, and oversees management of the NATO Security Investment Program.

Looking back on his time at the Pentagon, Flory said, "It has been an honor to serve the President and Secretary Rumsfeld over five challenging years. I have been privileged to work with our nation's finest, military and civilian."

Flory has served as assistant secretary of defense for international security policy since August 2005. In this position, he was principal advisor to the secretary of defense on the formulation and coordination of policy for NATO, Europe, Russia, the Central Asian republics, the Caucusus and the Balkans, nuclear forces, missile defense, technology security policy, counterproliferation, nonproliferation, space and arms control.

From 2001 to 2005, Flory served as principal deputy assistant secretary of defense for international security affairs, where he assisted in the formulation and coordination of international security strategy and policy for South Asia, the Middle East and Persian Gulf, East Asia, Africa, and Latin America.

#### Schinnen bids farewell to local mayor

By LaDonna Davis

Schinnen Public Affairs Office

For employees of U.S. Army Garrison Schinnen, the relationships fostered with local Dutch citizens both inside and outside the garrison gates are imperative to the daily operations of the garrison.

In the New Year, the garrison will bid adieu to a great Dutch supporter and friend of the American military community while the town of Schinnen will be losing a wonderful political figure, Schinnen Mayor, Frans Beckers.

Beckers' affection for the U.S. Army goes back to his days as a child growing up during World War II in the small southern Limburg town of Mheer, which was one of the first liberated municipalities in the Netherlands. Beckers says that he can still remember the days that U.S. troops walked through his town liberating the Dutch from the Germans.

"I'm from the generation which was born during the period of WWII. I was born in 1941. I have memories of that period," Beckers recalls. "When I was a child of three or four years, I remember being there with American troops in the Southern part of Limburg; so, my family has very special feelings for the Americans as our liberators. My father, my mother and my brothers, we talk a lot about that time especially in the years when we were children. I also remember as a school



Frans Beckers Schinnen Mayor

and doesn't reflect the way his body feels. In fact, outside of his political career, Beckers has many hobbies, all of which he plans on pursuing head-on after he retires.

"If it were possible, if it were allowed, I could have done another two years. But, in the Netherlands, that isn't possible, 65 is definitely the end of the mayorship," Beckers relents. "I have

"For me, the highlight (of my mayorship) is the yearly Memorial Day ceremony at Margraten, in the last years we did it together, the commander of the base and I, in the name of the municipality and of the people here at USAG Schinnen. And it's a highlight for me to do that every year and I hope that my successor will do it also."

Schinnen Mayor, Frans Beckers.

child, we would go to the Margraten Cemetery with other schools in the neighboring municipalities to participate in some of the first years' Memorial Day services. That gives me special feelings for the American military world."

Becker's political career spans for more than three decades. After graduating with a political science degree from the University of Amsterdam, he went on to hold many political positions throughout the Netherlands region, including mayor of Stramproy, another Limburg town. But, with the Mayor of Schinnen being his last official political role, Beckers can't help but reminisce about the position that he held for nearly 10 years.

"The American base at Schinnen is a special organization in our municipality; the base is the biggest employer in our town," he says. "For me, the highlight (of my mayorship) is the yearly Memorial Day ceremony at Margraten, in the last years we did it together, the commander of the base and I, in the name of the municipality and of the people here at USAG Schinnen. And it's a highlight for me to do that every year and I hope that my successor will do it also."

At the age of 65, Beckers is bound by Dutch law to retire, but to him, age is only a number

several hobbies, I ride my bicycle, and my wife and I have a caravan so we hope to travel not only far away but also in some of the near by provinces. I also try to do a part time job for a few times a week and I have special interest in tourism so I hope to do something for tourism in the south of Limburg."

But, even with a positive outlook on life after being the Mayor of Schinnen, Beckers says that he will still miss the time he's served as being the leader of such a great town and that he leaves with good memories, good friends and great hope for the future relations between USAG Schinnen and the Dutch.

"I would say that we have good relations with the American community and I hope that it stays good relations," Beckers says. "I also hope that peace in the world will make it possible to have a more open relationship with the American community and to intensify the contacts with them. I know now that because of safety it's not possible to open the base for public days like in former years. But, I hope that that will be a possibility in the future. That once or twice a year the people of Schinnen can visit the base and have contact with not only the American and military personnel but also the Dutch people that are working there."

January 2007



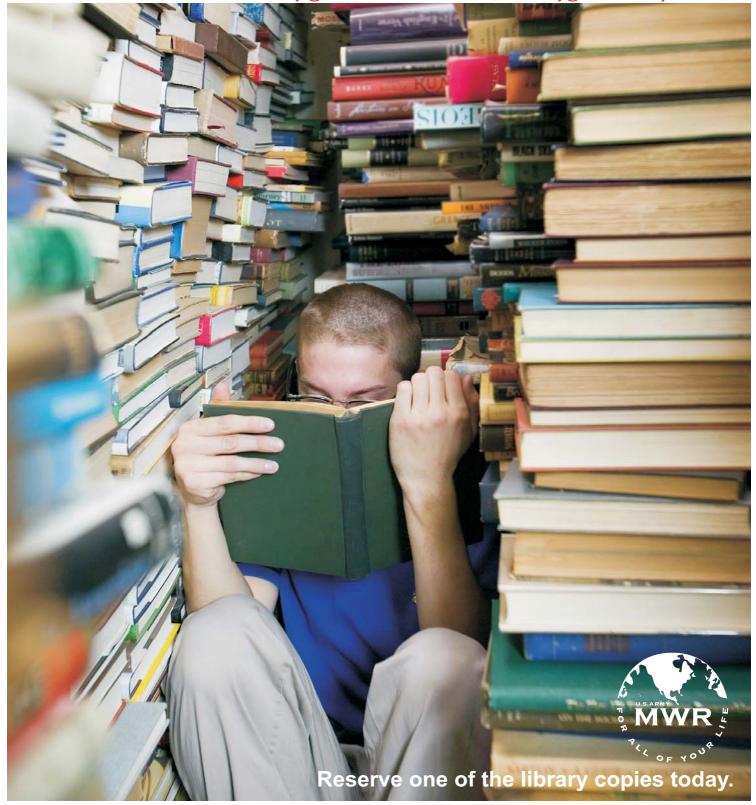
## **Chievres Library** Book Club In A Box

4th Tuesday of the Month At 6:30 P.M.

Kits will include: 1) 8-10 copies of the book

Biographical information about the author Questions or topics to get the Book Club discussion started Additional information about the book or subject of the book

For more information, call Chievres Library @ 068-37-5767 or email chievreslibrary@benelux.army.mil





#### **U.S. Army NATO**

#### Letter to the Editor

## Master sergeants congratulated

Congratulations to all the recently selected U.S. Army master sergeants.

This year's board results which were released Nov. 16, proved to be a noteworthy achievement for the Soldiers of U.S. Army NATO Brigade and the Army units supported in our geographically dispersed footprint.

The fiscal year 2007 Master Sergeant Promotion Selection results rendered 24 out of 114 USANATO sergeant 1st classes selected, placing USANATO selection rate 7.7 percentage points above the U.S. Army selection rate of 13.4 percent. USANATO supported units also did well as six out of 22 sergeant 1st classes were selected which translates to a 27 percent selection rate. Together the total selection rate is 22 percent compared to the Army's rate of 13.4 percent.

Our high selection percentage is a testament to the caliber and quality of the senior NCOs we have in the USANATO Brigade and supported units. It also means that we have a great command, and with their selection for promotion and increased responsibility, they will have the opportunity to make our command and the Army even better.

With a selection such as this, we are confident that the USANATO Brigade will continue to attract high-speed and talented NCOs interested in seeking tough, challenging assignments within our USANATO footprint. Out of those selected in USANATO, the average for those on station was 2 years and 4.25 years time in grade. This high selection rate is indicative that their evaluations while performing NATO duties was beneficial and enhanced their chances for promotion.

Thanks to thorough screening of records, involved senior NCO mentorship, and diverse NATO assignments and deployments, the NCOs in the USANATO Brigade have a unique edge. The experience and skills they bring to USANATO are enhanced as they take on the challenging NATO job opportunities and operate in an ever changing international and transformation environment.

Von J. Roberts USANATO G-1, Personnel

#### Hotel construction to start in March

U.S. Army Garrison Benelux continues to upgrade its services to the communities it supports. This fiscal year, a new \$16 million Army Lodge will break ground on Chièvres Air Base in March and a new \$15 million Commissary is currently scheduled to start in September.

Army Lodge

- ☐ Estimated construction cost: \$16M
- ☐ Estimated award date: Feb. 07
- $\hfill\Box$  Estimated groundbreaking: March. 07
- $\hfill\Box$  Estimated completion date: March. 08

☐ Number of rooms: 94 Standard guest rooms: 32

Extended stay rooms: 2 Family suites: 60

**New Commissary** 

- ☐ Total cost: \$15M
- ☐ Class "D" size: 50,390 SF facility
- ☐ Larger produce and deli section
- ☐ Increase sales and checkout area
- ☐ Greater selection
- ☐ Start Date: Sept 2007
- ☐ Anticipated opening: October 2008



## SHAPE Healthcare Preventive Medicine tips to succeed on New Year's resolutions

By Karen Traver Preventive Medicine SHAPE Healthcare Facility

"An ounce of prevention is worth a pound of cure". Preventive Medicine at SHAPE Healthcare Facility has a variety of services that you may find helpful in the New Year. Call 065-44-5948 (DSN 423-5948) for more information or appointments for any of the services below.

Please note there is a fee for pay patients each time they obtain medications from the pharmacy or receive individualized nutrition counseling.

#### Self Care Program

Self-care is putting prevention into practice and taking personal responsibility for health. This program allows you to use the SHAPE Healthcare Facility pharmacy to obtain overthe-counter medications for minor illnesses without having to see a health care provider first. Attendees receive a self-care book with over 100 of the most common medical problems that people can learn to treat by themselves at home. Use the charts in the book to determine whether you need to see a doctor or whether you can use home treatment. (Note: don't hesitate to see a provider if the problem doesn't improve with home treatment).

#### Tobacco Cessation Program

Modeled after the American Lung Association's Freedom From Smoking program, this one-on-one service provides an orientation followed by seven weeks of brief sessions to give you information and practical tips for quitting tobacco (cigarettes or smokeless tobacco). Nicotine replacement products (nicotine patch) and the non-nicotine pill bupropion hydrochloride (Zyban) are available for participants that meet medical criteria (schedule an appointment with your provider). Tobacco cessation aids are dispensed at the pharmacy one week at a time along with educational components.

#### **Nutrition Counseling**

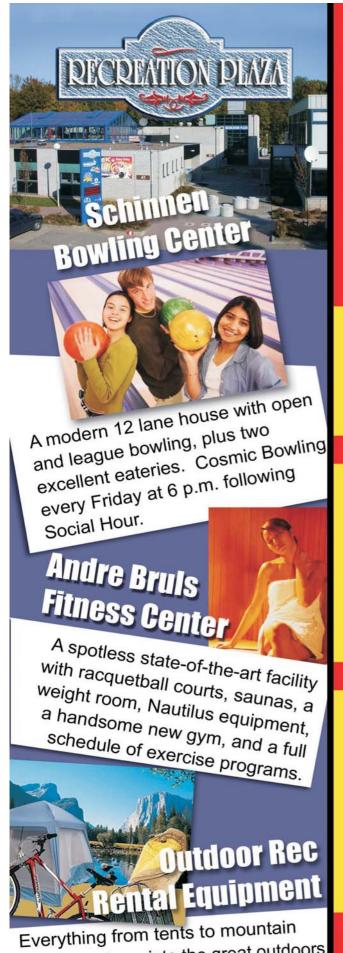
Individual/group counseling and follow-up are available by a Registered Dietitian for a wide range of conditions including, but not limited to: overweight/obesity, diabetes, gestational diabetes, high blood pressure, high cholesterol, and gastrointestinal complaints. Soldiers should note that nutrition counseling is required for those on the Army weight control program. Appointments are available in the clinics at SHAPE and Brussels.

#### Weight Loss Support Group

Held every Tuesday from 9 a.m. to 9:30 a.m. (except SHAPE and U.S. holidays), this group provides weekly weigh-ins, information, and group support to those wishing to lose weight. Newcomers are oriented from 9:30 a.m. to 10 a.m. and are provided a welcome packet. Measurements are taken initially and at 12 weeks to track progress. A one-on-one appointment with the dietitian before joining the group may be beneficial to identify specific areas for improvement.

#### **Group Offerings**

If an individual or organization has a group of 10 or more people interested in a particular nutrition topic, or the self-care class, call to discuss having a class brought to the work, club, or group.



# GK/HQJFC Brunssum DJD YOU KNOW.

Recreation Plaza facilities are open to all U.S. and NATO ID card holders? It's true, and here's how you can take advantage of these facilities.

#### If you are NATO ID card holder -

You must first go to your country's local delegation and obtain the required signed form needed by the Schinnen IACS Office (adjacent the front gate). With this form and your NATO ID, the process should take about 15 minutes. (A spouse or child must follow the same procedure the first time.) Thereafter, you'll have open access to Schinnen.

#### If you are a U.S. ID card holder -

Present your ID at the IACS Office/Schinnen front gate. Within minutes you will be in the system and have access to Schinnen's great facilities.

The IACS Office is open Monday -Thursday 8:30 a.m. to noon and 1 to 4 p.m. Friday 8:30 a.m. till noon. Closed Saturday & Sunday.

## SEE YOU AT RECREATION PLAZA!!

11

bikes to get you into the great outdoors



## If arriving in the BENELUX feels likes this...

Then it is time to visit the BENELUX Welcome Center!



### BENELUX WELCOME CENTER

... your first stop in the BENELUX.

Located in the Hotel le Maiseries, Open M-F 0730-1200, DSN 366-6252



#### **Bastogne**



PHOTO: Cis Spook

U.S.Army Garrison Benelux Color Guard members (left to right) Spc. Robert Brimmer, Sgt. Jake Brice, Sgt. Bryant Earley and Spc. Ben Lowrance lead the parade through the town of Bastogne during the 2006 Battle of the Bulge commemoration.

Association of the U.S. Army

#### Benelux Chapter, community team up for Fisher House

By J.D. Hardesty Benelux EDGE Editor

Members of the Benelux community teamed with the Association of the U.S. Army Benelux Chapter to help the Landstuhl Fisher House take care of service members and their families.

Throughout the Benelux, the community donated paper and plastic products, cleaning supplies and 21 curling irons, hair dryers, DVD players, clocks and other items to furnish each guest room.

"On behalf of the AUSA Benelux Chapter and our three garrison communities, we would like to present these gifts," said Chièvres Garrison Commander Lt. Col. John G. Romero to Stacy Thomas, the assistant manager of the facility. "The Fisher House is dedicated to taking care of America's national treasure - our service members and their families - and we just wanted to be a small part of this worthy cause."

"Anything donated is great," said Thomas. "We appreciate everything so please thank the Benelux community for us."

The Landstuhl facility assisted more than 1,300 families this year with a "home away from home" for families and patients receiving medical care at Landstuhl Regional Medical Center.

"Grandma's Attic was a major donor for our project," said Master Sgt. Thomas Frankhouser, vice president of the AUSA Benelux Chapter. "Their contribution purchased specifically requested items and a \$800 cash donation."



PHOTO: J.D. Hardesty

Master Sgt. Thomas Frankhouser, vice president of the Association of the U.S. Army (in the truck) Jan Nowowiejski and Command Sgt. Maj. Ralph J. Rusch unload USAG Benelux community donations to the Landstuhl Fisher House.

### Brussels tree-lighting; The rest of the story

By Thad Moyseowicz
Brussels Public Affairs Office

The Brussels community observed its annual tree-lighting on Dec. 1 in the U.S. Army Garrison Brussels' court area. Although the tree-lighting was the advertised high point of the evening, the "event" was actually a series of several orchestrated happenings spread out over a five-hour period. The event was well attended with over 250 adults and children one tenth of the community- present.

Musical orchestras need both musicians and conductors in order to effectively make music. Each element is indispensable to the project. The Brussels tree-lighting was not a strictly "musical" event, but was also no exception to the rule. Numerous community entities and volunteers provided refreshments, entertainment and labor. But there was one "conductor," USAG Brussels Library Technician, Morgan Curtis.

Curtis was not a "volunteer" for the assignment, per se. She was asked by Bill Semans, the then-director of Brussels MWR, to help out a colleague who held the garrison's special events coordinator position. The colleague had been forced to take emergency leave because of an illness in her family. "I gladly stepped in, both because Lisa is my friend and because we do pitch in around here," she recalls. "I figured I could hold down the special events fort for a few weeks until Lisa came back." The colleague did, in fact, "come back" for a brief period of time, but the continuation of the family emergency caused her to accept another position stateside. "Before I knew it," says Curtis, "I was the designated coordinator for this event."

"I don't think our community really knows how much it owes Morgan for being able to pull this event together in the short time she had," says Brussels Garrison Commander Lt. Col. Pat Kilroy. "Morgan took this on in addition to her regular "day job" at the garrison's library. I'm really humbled that she would do so in order to not leave the community in the lurch."

Curtis is reserved about her role. "The real credit goes to the folks who did the actual work," she says. "We had the Child and Youth Service kids caroling and passing out candles and caramel apples that they'd made. Girl Scouts, Boy Scouts, volunteers from the Mission to NATO and other entities, Soldiers, Army Community Service and CYS' employees, the 3-Star Lounge - I can go on and on - all of them answered my sometimes frantic calls for help. The Brussels Community Chorus and elements of the Brussels Community Band were here, too."

After the open air tree-lighting and caroling, the crowd moved to a packed 3-Star Lounge, which was suitably decorated for the season and included an exhibit of art produced by Brussels CYS children. The highlight for many of the community's smaller children was the arrival of Santa Claus, who was there to listen to their "wish lists" and provide





opportunities for photos to be sent home to grandparents. The community chorus and band provided festive music. The evening finally closed out with a family dance, with "DJ Greg" (Air Force Sgt. Greg Brown) doing the Above: PHOTO: Isabelle Gillet

U.S.Army Garrison Brussels tree is illuminated during the Dec. I tree-lighting ceremony. More than 250 people from within the community were present for the event.

**Left:** PHOTO: Thad Moyseo wicz
The Brussels Community Choir performs at the 3-Star Lounge Dec. I as part of the kickoff of the holiday season celebration.

"spinning." Some lucky youngsters even had the opportunity to dance with Santa.

"I was really glad it all came together," says Curtis. "Brussels is a wonderful place, and I'm happy we did right by our community."







## Christmas holiday season Chièvres Garrison







PHOTOS: J.D. Hardesty

Clockwise from top: I) Hundreds of community members from across the Chièvres Garrison flocked to the annual Christmas Tree Lighting Ceremony Dec. I at Chièvres Air Base. After the ceremony, a Holiday bazaar was held at the Community Activity Center with entertainment provided by the SHAPE Chapel Children's Choir and a visit from Santa. 2) Children lined up with their parents to get a chance to tell Santa what was on their wish lists and pose for pictures with the jolly old fellow. 3) One young community member's smile was all the necessary payment Santa needed during his early visit. Santa returned to the North Pole after the celebration to start filling the wishes for those who have been nice.



## kicks off across the Benelux USAG Schinnen







PHOTOS: LaDonna Davis

Clockwise from top: I) U.S. Army Garrison Schinnen celebrated the start of the holiday season with its Christmas Tree Lighting Ceremony Dec. 7. This year's festivities included musical and dancing routines from the AFNORTH School band and choir and the Geilenkirchen elementary school dancers; a firework display from the Schinnen Fire Department and a trip from the man of the season, Santa and Mrs. Claus. 2) All the way from the South Pole, it's Santa and Mrs. Claus! With their naughty and nice list in check, Santa gives young children a chance to sit on his lap so that he can listen carefully to their Christmas wish list. 3) The Geilenkirchen elementary school dancers get the crowd jumping and in the holiday spirit as they perform a tap dance routine during U.S. Army Garrison Schinnen's Dec. I Christmas Tree Lighting Ceremony.

#### **AFNORTH News**

## Northeast Poland welcomes U.S. Soldier

By Lt. Col. BJ Constantine

AFNORTH Battalion Commander

On Nov. 24, Maj. Robert Bae became the first American Soldier to be assigned to Headquarters, Multinational Corps Northeast located in Szczecin, Poland. The assignment of the first U.S. Soldier to MNC NE was marked by a ceremony during which the U.S. flag was raised over the MNC Headquarters.

This ceremony marked the addition of the ninth member nation at the headquarters - the U.S. flag now flies over the corps headquarters among the national flags of the Czech Republic, Denmark, Estonia, Germany, Latvia, Lithuania, Poland, and Slovakia.

The mission of the MNC NE is to deter aggression, contribute to effective crisis management, and promote peace, security, and stability as well as the territorial integrity and interests within and beyond the borders of North Atlantic Treaty Organization member nations. The corps was established in 1999 when defense ministers of Denmark, Germany, and Poland agreed on the establishment of a multinational headquarters in Poland.

Bae, assigned to Alpha Company of the Allied Forces Northern Europe Battalion, U.S. Army NATO, with duty at the Multinational Corps Northeast, joins the head-quarters from Fort Bragg, N.C., where he served as supply management officer and logistics operations officer for the 1st Theater Support Command. Bae is accompanied by his wife and two sons.

Bae says he is excited about this assignment because it will be an opportunity to enrich his military experience as well as learn about the Polish and European culture and way of life.

#### Orcas swim toward finals

By Susan Houston

The International Orca Swim Team representing Geilenkirchen and Joint Forces Command Brunssum families will close out this year's swimming season when they compete in February in Munich, Germany.

The Orcas' 86 swimmers ranging in age from six to 19 and representing 11 nations. They participated in swim meets throughout Europe as part of the European

Forces great, an or swim League. swim

"The EFSL

was created so children stationed in Europe can have some type of swimming competition to participate in," said EFSL President Yves Aubuchon. "Its purpose is to promote children's swimming and sportsmanship."

The kids know being an Orca team member means more than just swimming. It also means, traveling, socializing and having a great time.

"It's fun because I get to practice my favorite stroke - the fly, and I like to play and race," said 6-year-old Garrett Shaw.

"I like swimming and meeting friends both older and younger than me," said 9-year-old Laura Houston. "I also like the competition because at first I'm nervous but once I'm in the water I feel great!"

Stephanie Fitzpatrick, 15, one of the team captains elected by her peers after the second meet, can't help but boast about her teammates accomplishments and skills. "This year's team

PHOTO: LaDonna Davis

Kids from the 86-member strong International Orcas Swim Team compete in meets throughout Europe with other European military leagues in hopes of making it to the finals which will be held in Munich, Germany Feb. 17-18.

is going to be better than ever," she says. "We have a lot of returning swimmers, as well as new ones. So far the team's performance has been

great, and I can't wait to see how many of our swimmers make champs this year."

> "The kids are absolutely terrific and the assistant coaches are outstanding," said Head Coach Chris Chodakowski, "But, we couldn't do this if it weren't for the parents. I really appreciate their high level of support."

It takes 45 volunteers to run each meet.

By the third swim meet, 13 Orca swimmers had already qualified for the championship meet in Munich and the number is expected to increase as the season continues.

The swimmers compete against approximately 1,200 kids from 19 countries in the EFSL throughout the military community in Europe.

"The emphasis we place on the children isn't to beat your opponent, but the goal is to beat your previous time because eventually if they keep beating their own time, they'll beat the swimmer in the other lanes," said Chodakowski.

"We told the kids that if they all really focused on improving their strokes and we train hard from the start that it would pay off. We just didn't think that it would pay off this early in the season," said Assistant Coach, Jason Davis. "We love seeing the kids smile because they've improved their times and they're having fun doing it."

## The Simple Joys that comes with Volunteering

By Ellison Meier Schinnen DMWR

In these stressful times, the simple joys that come with volunteering might easily be overlooked.

The question of "why do you volunteer" was posed to two Tri-border community women currently volunteering a few hours a week at Youth Services in Brunssum. Their answers put in focus the reasons why they volunteer and why others might also be inspired to volunteer.

Kathy Terveen is a retired AFNORTH International School fine arts teacher who donates two hours every Tuesday afternoon at the center coaching middle school-age students on the use of art media – and she says she loves it.

"All my students are promising artists and



PHOTO: Kathryn Thomas

Angela Tilley (standing) volunteers her time to teach young students different sewing techniques and how to make home made tote bags.

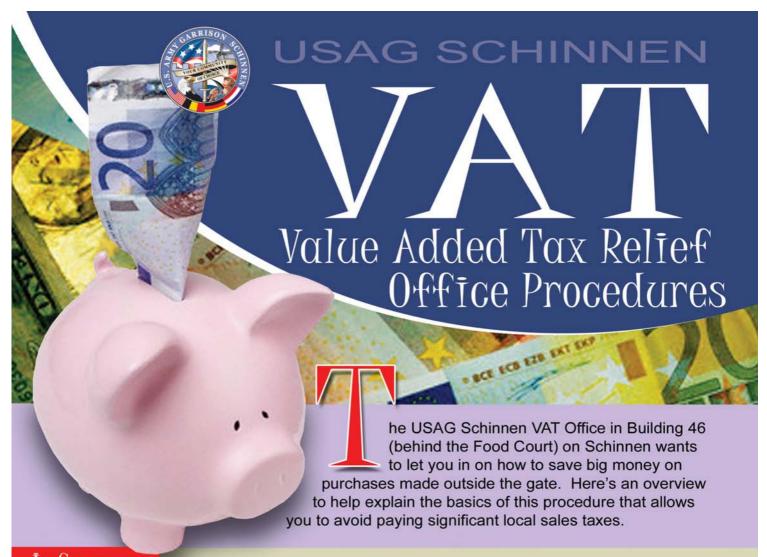
some may even find a career in it, but all are here to enjoy themselves" she says. Students work in an art studio environment and experiment with watercolor, charcoal and pastels over successive 10-week sessions.

Angela Tilley teaches sewing class at the Youth Center. Also a teacher by profession, when asked the same question of why she volunteers, she says, "the kids get so excited! They light up when they walk in the room. I love helping kids."

She's been volunteering for years through various scouting programs around the world. Currently, her students are working on quilted tote bags. They are taught on three sewing machines donated by the 4-H Club and use a 4-H Club curriculum that builds skills in the various disciplines of sewing.

Those interested in helping at Child and Youth Services should call CIV: 045 563-6221 or DSN: 364-6019.





There are two types of VAT forms: the Un-priced form for purchases under €2,500 and the priced form for purchases over €2,500. Un-priced are \$4 each (or \$3 each in a packet of ten) and are used for everyday kinds of purchases such as furniture and clothes. The priced form is \$6 and generally used for vehicle purchases/repairs. VAT forms are not allowed for purchases related to investment, resale or real property. When using the Un-priced VAT form in Germany, first ask the merchant if they accept the form. If they do, and after they've signed the form, be sure to return your copy - the white copy - to the USAG Schinnen VAT Office (a convenient dropbox is also available outside Building 46). For purchases using the Priced form, you must present an invoice to the VAT Office BEFORE the actual purchases.

In the Netherlands In the Netherlands the procedure is very different. After you make a purchase including paying the tax, the merchant provides a form that you must bring to the VAT office for a stamp. You then return to the merchant with the stamped form for your tax refund.

În Belgium There is no tax relief possible in Belgium except to personnel assigned to SHAPE.

Tax Free Otilities

Be sure to ask our friendly VAT Office staff about tax free utilities in Germany and in the Netherlands. You can even save on prepaid cell phone and internet charges in Germany.

VAT hours are Monday through Friday from 8 a.m. to 4:00 p.m. Tax forms available at the Andre Bruls Fitness Center on weekends.

For more information stop by the USAG Schinnen VAT Office or call DSN 360-1780 / CIV 046-443-7178



## Boy Scouts pay respect to American flag

By LaDonna Davis Schinnen Public Affairs Office

The American flag has been a symbol of our country for centuries. It symbolizes hope and freedom and it embodies the spirit of the American people and their constant quest for happiness. But, according to the United States Code Title 4, Chapter 1, Section 8, when a flag is no longer a fitting emblem for our nation as intended due to weathering, fading or tear, it should be retired in a dignified and honorable manner, preferably by burning.

By taking part in a flag retirement ceremony over the Veterans holiday weekend, the Boy Scouts of America, Brunssum troop 100 learned about a time honored American tradition while paying their respect to the American flag.

Scout, Eric Naisbitt, 14, initiated the ceremony at Margraten American Cemetery for his fellow troop members in the hopes of making Eagle Scout. But, he says there's a greater purpose for doing a ceremony like this,





#### Above:

PHOTOS: LaDonna Davis
Boy scouts and American veterans line up to retire pieces
of the American flag by
throwing it into a burning fire.
In tradition with the ceremony, each scout and veteran salutes after burning
their piece of the flag as a way
of showing respect.

#### Left:

Boy scouts from Brunssum Troop 100 participate in a flag retirement ceremony at the Margraten American Cemetery over the Veterans holiday weekend. Led by scout member, Eric Naisbitt, the boys learned the correct way to ceremoniously retire an American flag.

to show respect for his country and for the men and women who fought for our freedom.

"I think the flag stands for America and since its Veterans Day, I think this ceremony has an even more special meaning," said Naisbitt. "I think the veterans here contributed a lot and I think they really liked it."

U.S. flag retirement ceremonies can take on any given day and by any organization or individual, but according to the scout leader, Lt. Col. John Cook, having the ceremony in a veteran's cemetery with families who live overseas in a military community makes this flag retirement ceremony extra special.

"Because we are a part of a military community, it's very important to remind (the Boy Scouts) of the impact that fallen service members have," said Cook. "The reason we wanted to schedule it on Veterans Day and in fact at 11 o'clock is because that falls in line

with when the original Armistice Day was celebrated and it commemorates the time during WWI when the original peace treaty was signed so we wanted to make sure they remembered the significance of this day."

While many people confuse flag burning with flag retirement, Cook says teaching the boys at a young age the difference between the two is very important.

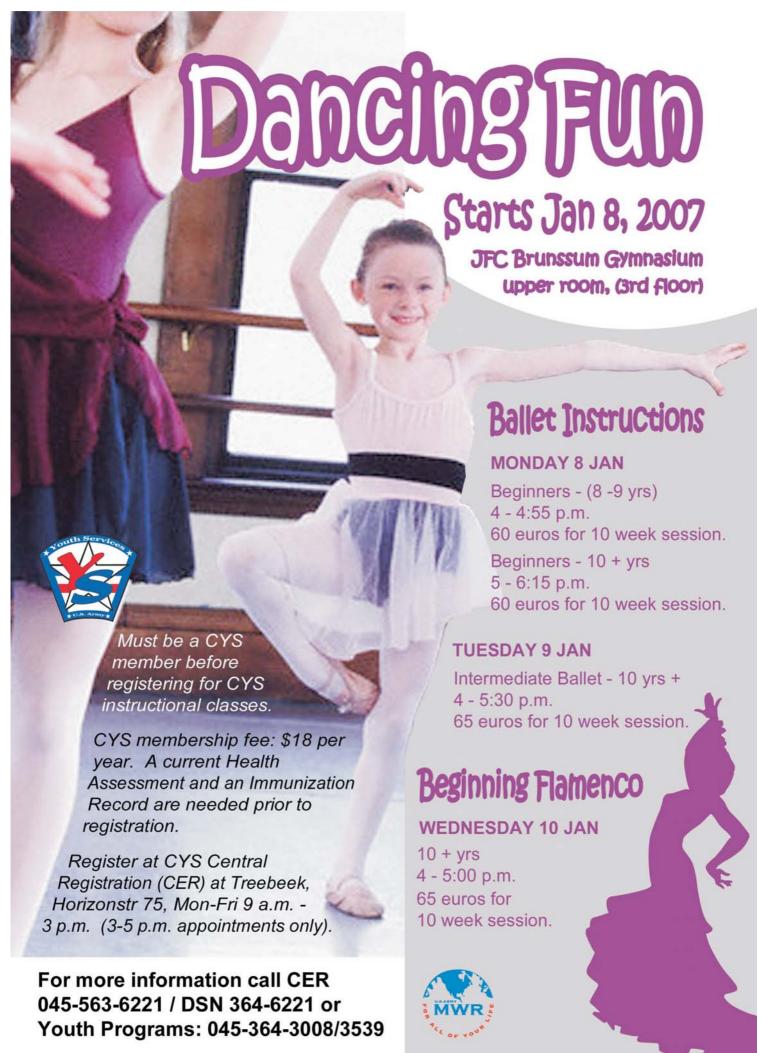
A retirement ceremony involves cutting up the flag in a very specific manner and disposing of the flag pieces in a burning fire. The ceremony also involves paying homage to those American veterans that may be in the vicinity while the ceremony is taking place. Flag burning is a form of desecration and is usually seen as a sign of disrespect to the American way of life.

"A ceremony like this reminds us that we need to pay proper respect to the flag and since

the boys actually performed the ceremony they got to see that it's not something where you just toss a flag in a fire, it's done ceremoniously; first they cut the 13<sup>th</sup> stripe off, and then they separate the blue field. So there are two significant events," said Cook. "Also, they had *Taps* at the end so that calls to mind all those fallen service members."

"This ceremony is important because you need to know all about the flag and what the country represents," said Boy Scout and master of ceremony, Paul Naisbitt. "Having a flag ceremony in a military community makes it more special because we're always working with the United States military and it's cool to be over here in Netherlands because (other scouts) rarely get to do this stuff and when you're in the Netherlands it makes it even better because you're doing it in another country."













### USAG Schinnen School Age Services (SAS) DSN 364-2575 or CIV 045-526-2575



The USAG Schinnen School-Age Services Program offers 5 FREE hours of open recreation per month for drop-in or occasional users. **WE HAVE IT ALL!** Homework help, Computer Lab, Arts & Crafts, and Games are among the many activities we have available daily. Your child must be registered with CYS before they are able to attend the program. Registration is open to all NATO ID card holders. There is an \$18 yearly registration fee due when you register your child. After you use your five free hours a month, hourly care is only \$3 an hour!

Come join the fun!

#### Armed Forces Entertainment

### Soldiers gets early holiday treat



PHOTOS: J.D. Hardesty

Jenny Boyle and her band performed two Armed Forces Entertainment concerts in the Chièvres Garrison area.

Jenny Boyle performs for Chièvres Garrison, SHAPE communities By J.D. Hardesty

Benelux EDGE Editor

Two Armed Forces Entertainment concerts entertained Soldiers, civilians and their families during the early holiday season.

Jenny Boyle and her band wanted to "bring a little piece of America" to service members stationed overseas as a way to tell them "thank you for what you do.

"It is an honor to do these tours," she said.
"The whole reason we are here is we want our service members to know people back home care about them."

With her recently released first full-length



album titled "Life in Mosaic" hitting music stores, Jenny Boyle and her band hit the road to entertain troops stationed across Europe, her fifth such tour - performing previously in Southwest Asia, Africa and Europe.

"I'm a pretty patriotic person and understand why we're here," Boyle said prior to her Nov. 29 concert which was also co-sponsored by the U.S. Army Garrison Benelux's Directorate of Morale, Welfare and Recreation at Chièvres Garrison's Prime Time Bar and Grill the band's eighth stop on its nearly monthlong tour to 15 military bases in Europe.

"I hope our audiences are as grateful for us being here as we are to perform for them," said the 27-year-old whose dynamic voice belted out Janice Joplin, Stevie Nix, Bob Dylan and a Lynyrd Skynyrd medley during her performances.

The group's music is a blend of genres as three jazz musicians blend their upbeat tempo with two rockers as they back up Boyle's powerful voice.

"Each member brings a well-round influence to our sound," the Washington D.C. area native said. "Hopefully it comes across in the music.

"She has a good voice," Spc. Robert Brimmer, assigned as Military Police Soldier at USAG Benelux, said of Boyle's performance. "She sang a good variety of songs and had good interaction with the crowd."

Beyond singing to the service members, Boyle danced with a few of the Soldiers in the audience.

"Hopefully, we can take their minds off their jobs for an evening because Soldiering is one of the hardest jobs to do."

Spc. Ben Lowrance said he liked her music. "It was nice to have something going on here in the Chièvres Garrison."

During her tour, Boyle said she sees a lot of

Army families in the audience. "We see a great support system here for the Soldiers and a lot of appreciation for our music," she said. "We have had a great response from everyone. The concert is just our small way of thanking everyone for what they do.

Boyle explained that one Soldier at her Darmstadt concert, "gave me their dog tags and asked me to wear them. I do and it is an honor."

Spc. Justin Bupp, a member of the 39th Signal Battalion, was one of four Soldiers to dance with Boyle Nov. 29 during her Armed Forces Entertainment concert at Daumerie Caserne's Prime Time Bar and Grill.

#### Trips & Tours

**SHAPE** 

Brugge Snow & Ice Sculpture Festival-Jan. 6 - A one-day trip to the medieval city of Brugge. On arrival, visitors are taken to the exhibition venue for a glimpse of all types of snow and ice sculptures. The rest of the day can be spent discovering Brugge, its cobble stone streets, the ice rink its scenic canals.

Depart at 8:30 a.m.; Return at approximately 6 p.m. Price: 30 euros

Intro to Paris - Jan. 13 - Paris offers something around every corner: amazing architecture, breathtaking views, world-famous landmarks, museums and more. Visitors will receive a guided city tour that includes the Arc de Triomphe, the old SHAPE building, the Chapms-Elysee, Rue Faubourg St. Honor, the Eifel Tower, Eglise Madeleine, Place Vendome and Place de la Concorde. Also on the itinerary are the Place Trocadero, the Ecole Militaire, Les Invalides, the student quarter, Notre Dame, the Musee d'Orsay and the Louvre. After the tour, visitors can go explore some of the highlights.

Depart at 7 a.m.; Return at approximately 11:30 p.m. Price: 35 euros.

Distillery Tour & Tasting with Lunch and Castle Tour & Tasting - Jan. 20 - A guided tour of the Distillerie de Biercee is offered and includes brandy tasting and lunch of regional specialties. After the tour and lunch, visitors travel to the Fosteau Chateau for a guided tour and tasting of the castle's own brew.

Depart at 10 a.m.; Return at approximate 5:30 p.m. Price: 49 euros.

London January Sales Frenzy - Jan. 27 - After the Christmas season is over it is time for the January sales. Bargain hunters can shop for good deals from famous department stores to trendy boutiques. For more information, visit the web site www.londontown.com.

Skiing in Austria - Feb. 17-24 - The Amada region in Austria has over 600 km of ski runs. Transportation is provided to and from the slopes daily. Skiing instructors provided four hours instruction a day or skiers can hit the slopes on their own. Optional evening entertainment is available. Accommodations will be available in the town of St. Veit at various local Gasthauses. Depart at 10 p.m.; Arrive at approximately 2 p.m. Price: 639 euros per person double, triple or quad room; 639 euros per single room; 629 euros per child 12 yrs. – 15 yrs. \*; 569 euros per child 5 yrs. – 11 yrs \*; 299 euros per child up to four years \*.

\*Sharing room with two fully-paid guests. No skiing instruction - deduct 50 euros.



## **Community Events**

#### **Sports & Fitness**

Youth and teen programs - The Directorate of Morale, Welfare and Recreation offers such programs as sports, leisure classes, youth internet labs, and other teen programs specifically designed for youth ages 6 years to 18 years throughout U.S. Army Garrison Benelux. Parents may look at the listings below to see what is offered in their community.

#### Chièvres Garrison Community

Youth sports and teen services and programs are offered through Headquarters Support Group, SHAPE's Morale Welfare Branch and are located on SHAPE. MWB offers a variety of programs throughout the year. There are two centers on SHAPE to include a Middle School Center and a Teen Center. For more information call or visit the Central Registration, Bldg. 209, SHAPE; DSN: 423-3874/4328 or CIV: 065-44-3874/4328.

#### **USAG Schinnen**

Youth sports, services and programs are offered through Morale, Welfare and Recreation. In January, youth in the community are treated to a variety of fun and educational programming.

#### Youth Services' After School Program January - Dance classes begin.

Jan. 2 - sign-up begins for young aspiring artists in the community for the 4-H Art Studio. Jan. 3 - Meetings begin for community's Keystone Club, an organization for youth in grades nine and above aspiring to be future leaders. Meetings are held every Wednesday.

Jan. 4 - Torch Club meetings begin and are held every Thursday for youth ages 11 to 14 years of age.

Jan. 8 - sign-up begins for youth 4-H Textile Club (sewing).

**February** - Youth Services will host a Middle School Valentine's dance.

The AFNORTH Middle School and the Teen Center is located on Joint Forces Command, Headquarters - Brunssum in building H-603 near the Post Office.

Youth must first register at the Central Registration Office located at the Treebeek Education Center. For more information, contact the Central Registration Office at DSN: 364-3008/3595 or CIV: 045-526-3008/3595.

#### **USAG Brussels**

The Child and Youth Services' Middle School and Teen Center, located in Building 9 on U.S. Army Garrison Brussels, offers several 4-H clubs for youth leadership, cooking, technology and homework through MWR. Registered youth may take the MWR bus at no charge at the end of the school day from Brussels American School to the center. To register or for more information call the Central Registration Office at DSN: 368-9651 or CIV: 02-717-9651.

## **Holiday Greetings**



PHO TO: Cis Spook

Sgt. Jake T. Brice, a Chièvres Garrison Soldier and member of the Better Opportunities for Single Soldiers program hands a toy to Sarah, one month old, during their visit to Ath Hospital Dec. 8. Brice, Master Sgt. Peter Markos and Saint Nicolas visited the children in the hospital to spread holiday cheer. Traditionally, Saint Nicolas, the Saint Patron of the children, is celebrated on Dec. 6. The 14 children (ages one month to 14 years) in the hospital Dec. 8 were delighted their Patron Saint, with the help of BOSS members, had not forgotten their gifts.

#### Restaurants/Clubs

#### Prime Time Bar & Grill

Bldg: 7, Caserne Daumerie
DSN: 361-5504; CIV: 068-27-5504
Breakfast: Mon. - Fri., 7 a.m. - 9 a.m.
Lunch: Mon. - Fri., 11:30 a.m. - 1:30 p.m.
Karaoke: Fri., 9 p.m. - midnight
Mon., Wed., lunch buffet for \$6.75, includes soup, salad, main course and beverage.

#### Schinnen Bowling Center Bldg. 40, Schinnen

DSN: 360-7207; CIV: 046-443-7207 Wed. - Sat. 11 a.m. - 9 p.m.

Sun., 11 a.m. - 6 p.m.

Schinnen Bowling Center offers a 12-lane house with Cosmic Bowling, league bowling, and open bowling.

Memories Lane Lounge is open every Friday at 4 p.m. for Social Hour.

Cosmic Bowling is now on Saturdays, beginning at 6 p.m.

Bowl weekdays for \$1 per game, every Wed. - Fri. from 11 a.m. until 4 p.m.

#### Good grades get free games!

Bring your latest school report cards and get a free game for each "A" or "B" earned last fall.

Feb. 4 - A Super Bowl Party will be held at Memories Lane Lounge with snacks and an enchilada meal at half time. Entry is \$10 in advance and \$15 at the door. Doors open at 8 p.m.

#### Harry's BBQ

Schinnen Bowling Center DSN: 360-7527; CIV: 046-443-7257

Tue., 11 a.m. - 2 p.m.

Wed., 11 a.m. - 8 p.m.

Thur. - Fri., 4 p.m. - 8 p.m.

Sat., 11 a.m. - 6 p.m.

Sun., noon - 4 p.m.

Harry's BBQ currently features baby-back pork ribs, a pork chops platter and Shoarama on a bun on its menu.

#### Pin Point Café

Schinnen Bowling Center DSN: 360-7527; CIV: 046-443-7527 Wed. - Fri., 11 a.m. - 8 p.m.



## **Community Events**

Sat., 11 a.m. - 6 p.m.

Chicken baskets and a wide selection of sandwiches are on the menu. Serina's Lunchtime Specials for \$6 with beverage included start at 11 a.m. on Wednesdays.

#### Rumors

Rotterdam

DSN: 362-2420; CIV: 010-459-2420 Open Mon. - Thur., 2:30 p.m. to 8 p.m. and Fri., 4:30 p.m. to 10 p.m.

#### Three Star Lounge

Bldg. 1, USAG Brussels DSN: 368-9882; CIV: 02-717-9882 Right Arm Night - every first Friday of the month at 5 p.m.

#### Libraries

#### Chièvres Library

Community Activity Center, Chièvres Air Base DSN: 361-5767; CIV: 068-27-5767 Tue. - Fri., noon - 6 p.m.

Tue. - Fri., noon - 6 p.m

Sat., 10 a.m. – 5 p.m.

Closed Sun., Mon., and U.S. holidays.

Chièvres library has joined the Army Europe Libraries' European Library General Information System.

There are over 10,000 books available, including new bestsellers, current release DVDs, videotapes, audio books and language tapes available through the system.

Staff is available to assist patrons with book recommendations as well as to provide reference services through AEL on-line databases and journals.

Internet access is available on five workstations with free limited photocopying services.

#### **Schinnen Library**

Joint Forces Command, Hqtrs. - Brunssum DSN: 364-2110; CIV: 045-526-2469 www.JFCBrunssumlibrary.eur.army.mil

Tue. - Wed., 10 a.m. - 8 p.m.

Thur. - Fri., 10 a.m. - 6 p.m.

Sat. - Sun., noon - 4 p.m.

#### Rotterdam Library

DSN: 362-2454; CIV: 010-459-2454

Mon. - Fri., 10 a.m. - 6 p.m.

Closed 1 p.m. - 2 p.m. for lunch.

#### **Brussels Library**

Bldg. 4, USAG Brussels DSN: 368-9791; CIV: 02-717-9791

Tue., 10 a.m. - 6 p.m.

Wed., 10 a.m. - 2 p.m.

Thur. & Fri., 10 a.m. - 6 p.m.

Sun., 11 a.m. - 4 p.m.

Closed Mon., Sat., and U.S. holidays.

The library offers the Brussels Tri-Mission community a modern facility with services comparable to U.S. public libraries. There are wide-ranging choices of programs for all ages and interest groups to include books, magazines and audiovisual products.

Library staff are available to assists patrons with research, accessing information and ref-

erence materials. All members of the Brussels community are eligible to use the library free of charge.

*Pre-School Story Hour* - for ages 3 to 5 years old is held every Wednesday from 11 a.m. to noon. Please register your child with the library staff in advance.

Homework Club - for grades first through sixth is offered Tuesdays and Thursdays from 4 p.m. to 5:30 p.m. The Homework Club is a joint club between the library and CYS and it helps students with their homework in a quiet environment.

#### **Sports & Fitness**

#### Chièvres Fitness Center

*Hangar 4, Chièvres Air Base* DSN: 361-5506 ; CIV: 068-27-5506

Body Blast - Fri., 9:30 a.m. - 10:30 a.m. This 60-minute workout is a combination of cardio, yoga and weight bearing exercises designed to sculpt the body.

Yoga For Everybody-Mon., Wed., Fri., 10:30 a.m. - 11:30 a.m.; Tue., Thur., 5:45 p.m. - 6:45 p.m. Available for all fitness levels, this class attempts to increase flexibility, endurance and strength.

Spinning - Tue., Thur., noon – 12:45 p.m. The class is designed for all ages and all fitness levels. Each bike is equipped with an adjustable resistance knob which allows each student to select their own level of intensity. Instructors encourage participants to work with their target heart rate zones to achieve their own specific training goals.

Step & Strength-Mon., Wed., 9:30 a.m. – 11 a.m. An interval class using steps and light weights between cardio sets.

*Pilates* - Tue., Thur., 10 a.m. - 11 a.m. Pilates is a unique form of exercise which aims at stretching and strengthening the body at the same time.

Fitness Center Orientation - last Thursday of the month, 9:30 a.m. This 45-minute tour is designed to familiarize the newcomer with the equipment, services and programs offered.

#### **Brussels Fitness Center**

Bldg: 3, USAG Brussels DSN: 368-9667; CIV: 02-717-9667

Mon. - Fri., 5 a.m. - 8 p.m., Sat./Sun., 9 a.m. - 4 p.m., holidays, 5 a.m. - noon

Skiing Fitness Program - runs until February. The U.S. Army Garrison Brussels Fitness Center offers a workout program designed to help prevent skiing injuries. A program sheet is available at the fitness center and the staff will assist with the appropriate exercises.

20K Brussels Run Program - is offered from Jan. 16 until May 27. Call the fitness center for more details or to enroll.

#### Schinnen Andre Bruls Fitness Center

Bldg, 38, Schinnen

DSN: 360-7561; CIV: 046-443-7561

Mon. - Fri., 6 a.m. - 8 p.m., Sat., Sun. and holidays, 9 a.m. - 5 p.m.

Body Relax - Thur., 5 p.m. - 6 p.m. Spinning - Thur., 11:30 a.m. - 12:15 p.m. Biggest Loser Challenge - call the fitness center to sign up.

#### **Outdoor Recreation**

#### SHAPE

Bldg, 307, SHAPE

DSN: 423-5380; CIV: 065-44-5380

Mon. - Fri., 10 a.m. - 4 p.m., closed on Sat., Sun., and SHAPE holidays.

The Outdoor Recreation Rental Center- offers a wide variety of outdoor recreation equipment and has everything needed for outdoor activities. Items available are ski equipment, mountain bikes, camping gear, heaters, tables, canopies, lawn sport equipment, large inflatable party entertainment items, grills, and super cookers.

#### Brussels

Bldg. 4, Room 303

DSN: 368-9775; CIV: 02-717-9775

Outdoor Recreation takes a break. After offering trips all over Europe each week for a year, Brussels' Outdoor Recreation program will be no trips in January and February. The program will resume Mar. 3.

#### Schinnen

DSN: 360-7561; CIV: 046-443-7561 Rental items for the day, weekend or week include: canopies, tents, coolers, sleeping bags and pads, tables, stoves, lanterns, backpacks, mountain bikes, horse shoe sets, beer tables and benches, magnetic ski carriers, large U.S. and Dutch flags, BBQs, dunk tanks and picnic pavilions.



#### **BOSS**

Better Opportunities for Single Service members aims to improve the overall quality of life of single service members. BOSS assists singles in planning recreation and leisure activities and gives everyone the opportunity to participate in and contribute to their community. Open to all branches of service.

#### Chièvres

DSN: 423-4606/8294; CIV: 065-44-4606

#### Schinnen

Bldg. 14, Schinnen

DSN: 360-7370; CIV: 0031-46443-7370



### American Forces Team Building targets fitness

By Sonya Mulack

#### **USAG Benelux**

DSN: 423-5777; CIV: 065-44-5777 or email aftbfamily@benelux.army.mil.

American Forces Team Building (AFTB) wants to help you get fit! AFTB is focusing on shaping up the total being, both mind and body with classes on everything from personal fitness to career fitness.

AFTB launched its fitness campaign in July FY06 with newcomer fitness. The classes focus on helping those new to our community adjust to living in the Benelux.

During the first quarter of FY07, personal fitness classes were offered with a focus on hands on learning designed to teach them techniques to release everyday stress.

AFTB's fitness theme will continue into the New Year as January through March will focus on financial fitness, April through June on family fitness, July through September on career and newcomer fitness, and October through December on personal fitness.

AFTB is also available to provide classes tailored to meet the needs of individual groups.

**USAG Brussels** 

*Bldg. 4, ACS* DSN: 368-9783; CIV: 02-717-9783 Newcomer's Briefings - Jan. 23-25.

<u>Day One</u>: 8:45 a.m. - 2:30 p.m., Bldg. 2, Community Conference Room. Key agencies will present a brief overview of their programs and answer questions.

Day Two: 9:30 a.m. - 11 a.m., ACS, Bldg. 4. The director of Delhaize in Kraainem will familiarize you with a local grocery store; 11:20 a.m. - 12:20 p.m. in the Community Conference Room for general information about local customs; 1 p.m. -2 p.m. free workshop on "Moving & Stress" will be offered.

<u>Day Three</u>: 9:25 a.m. – 11 a.m., ACS, Bldg. 4. A tour of the Leuven Gasthuisberg Hospital will be offered by the NATO Health Clinic patient liaison coordinator.

Metro Madness Outings. Metro Madness classes are offered monthly. In this workshop newcomers learn how to use the public transportation system (the tram, the metro and the bus) in the greater Brussels capital region. Next class will be held Jan. 26, from 9:30 a.m. – 2:30 p.m. The class is limited to 10 people.

#### **USAG Schinnen**

Bldg. 39

DSN: 360-7269; CIV: 046-443-7269 *Leader's Role*, - Jan. 11, 1 p.m. - 2 p.m. *Introduction to Military Customs* - Jan. 18, 3 p.m. - 5 p.m. Stress Management - 25 Jan, 1 p.m. - 2 p.m. Additional training opportunities include: Relocation Assistance Program - DSN: 360-7512; CIV: 046-443-7512

Newcomers Orientation Tour-Jan. 5 & 27, 9 a.m. – 3:30 p.m. Newcomers will be given a tour of various military and civilian sites. Information needed to ease transition and lessen stress will be discussed.

Sponsorship Training - Every third Wednesday of the month, 2 p.m. - 3:30 p.m. This class is for Soldiers and civilians who have been appointed to sponsor a newcomer.

International Spouses Orientation - Every last Wednesday of the month, 2 p.m. - 3 p.m. Foreign born spouses coping with cultural differences and military life can receive support and assistance at this class.

Family Advocacy Program (FAP) DSN 360-7500; CIV 046-443-7500

Family Advocacy Program Prevention Education - Classes are free and on a first come first serve basis. Pre-registration is required.

Rotterdam Family Readiness Group DSN: 362-2493; CIV: 010-459-2493

The Community Room is open 24 hours a day. Soldiers and families benefit from helping one another cope with the rigors of Army life.





## Education

### Green to Gold

### SHAPE Soldier gets hip pocket scholarship



PHOTO: Courtesy Jon Parker

Sgt. Jon Parker, a pianist with the SHAPE International Band is turned in his stripes for a scholarship into the Green to Gold program.

By J.D. Hardesty Benelux EDGE Editor

Sometimes opportunity knocks.

For Sgt. Jon Parker, it took diligent pushing and prodding through three inches of paperwork before he created his own opportunity-participating in the Green to Gold program via a "hip pocket scholarship" courtesy of the former Supreme Allied Commander in Europe Marine Gen. James L. Jones.

The two-year program allows Soldiers to receive a discharge to finish their degree while participating in Reserve Officers' Training Corps. Upon graduation, graduates come back into the Army as officers.

"Sometimes I ask myself, 'Why me?' I don't really know," said Parker, a pianist for the past 18 months with the SHAPE International Band. "Maybe it is because I asked?"

The 26-year-old native of Colorado is one of the few enlisted Soldiers that got face-to-face time with SHAPE's top decision-maker playing music at his chateau.

With one year of college under his belt before he donned an Army beret, it has taken Parker two and one-half years to complete another academic year and receive his Associate of Arts degree from Central Texas College.

With nearly four years in the Army, Parker

explained "I try to enroll in at least one class each term. I know that if I kept pushing, sooner or later I would finish my degree."

While money is a major concern for most college students, Parker will fund his academic future at the University of Denver Lamont School of Music with a university scholarship, his \$20,000 "hip pocket scholarship" and the Montgomery GI Bill.

"The school costs \$30,000 a year, so the GI Bill should cover rent and my wife, Bonnie, works for the legal office of Tricare," he said.

While filling out his packet for the scholarship, Parker hit the books hard since January of last year to get the required credits to qualify for the program.

"I knew about the Green to Gold program since joining the Army," he said. "Without the collective mentorship of Lt. Col. Joseph R. Calloway, U.S. Army NATO Battalion commander, Von Roberts and John Driscoll from the battalion's personnel and logistics offices respectively on how to knock on opportunity's door I couldn't have made this career move. "I couldn't have done it without them."

"Ela Karczewska, the USAG Benelux Education Center director told me 'If I can get through the paperwork, I deserve to be an officer."

He said his ultimate goal is to be a Band Commander, but wherever I can serve is fine."

## Education News

Chièvres Garrison

#### Benelux Headstart

Still deciding whether to take a chance on cheval for dinner? Don't know what it is? To find out, join the next free Benelux Headstart class.

The Benelux Headstart class, a joint project by the USAG Benelux Education Center and USAG Benelux Army Community Service, combines French language instruction with information about Belgium, its history, geography, and political system. It also provides survival tips and practical information about living in Belgium.

A field trip on the last day gives participants an opportunity to practice newly acquired language skills. The class also includes a Newcomers' Briefing where information is provided about programs and services offered on base.

The class is mandatory for U.S. service members but all others are welcome to attend on a space-available basis.

Next class will be offered Jan. 8 - 12 from 8:30 a.m. - 4:30 p.m. Call DSN: 423-3466/5324; CIV: 065-44-3466/5324 to register.

Class Schedule

Day 1 8:30 a.m. - 3:30 p.m. Newcomers' Briefing

Day 2 French Language instruction; 8:30 a.m. - noon and 1 p.m. - 4:30 p.m. Greetings and farewells, introductions, days of the week, numbers, common questions and more...

Day 3 French Language instruction continues; 8:30 am - noon and 1 p.m. - 4:30 pm.

Ask for directions, give street address, learn how to read a menu, pay a bill and more...

Day 4 French Language instruction continues; 8:30 a.m. - noon and 1 p.m. - 4:30 p.m.

Ask simple questions, tell time, shopping terms, car trouble, hotel, local events, and more...

Day 5 Presentation on Belgian life and culture followed by a short class on taking a bus in Belgium. A field trip to a Belgian restaurant to show off your French language skills and to taste some great Belgian food will end the class.







## Top Accolades

Former Supreme Allied Commander in Europe Marine Gen. James L. Jones visited the 309th Airlift Squadron at Chièvres Air Base to express his gratitude for their service during his command tenure.

Gen. Brantz J.(John) Craddock became the new Supreme Allied Commander of Supreme Head-quarters Allied Powers in Europe Dec. 7 at a change of command ceremony in Casteau, Belgium.

Jones is retiring from the Marine Corps after more than 40 years of military service.

PHOTOS: J.D. Hardesty

(Top): During his visit to the 309th Airlift Squadron, Jones posed with his U.S. Army NATO "Blackhawk" helicopter flight crew before relinquishing command Dec. 7.

(Below): Air Force Master Sgt. Charles March shakes Jones' hand after his oath of reenlistment. SHAPE's top officer reenlisted March during his 309th Airlift Squadron visit.

#### CHIÈVRES BOARDING KENNEL

#### **Hours of Operation**

Mon - Fri, 8:30 a.m. - 4 p.m. Closed for lunch, 1 p.m. - 2 p.m. Sat, 10 a.m. - 12:30 a.m. Sun, 2 p.m. - 4:30 p.m. Closed U.S. & SHAPE holidays.

#### **Boarding Fees**

\$10 per day, per animal

\$5.50 each additional animal in the same kennel

\$4 per day, per small animal (i.e. birds, hamsters, rabbits, etc.) Owners must also provide food, bedding, and a proper container in which the animal is to be housed.

All fees are accepted in U.S. currency only.

During winter and summer vacation times, ensure you reserve space early.



"Whether you are settling into a new home, in- or out-processing, or simply going on vacation, we will gladly take care of your pets."

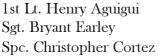


Chièvres Boarding Kennel Bldg. 30, Chièvres Air Base DSN 361-5436; CIV 068-27-5436



## 







Army Commendation Medal USAG Benelux Army Achievement Medal Army Achievement Medal



Dennis Zink Lieutenant Colonel

USAG Benelux

#### Special Recognition

Sgt. Bryant Earley Spc. Christopher Cortez Harry White Sandra Borger-Josephson	NCO of the Quarter Soldier of the Quarter Employee of the Year Employee of the 4th Quarter	USAG Benelux USAG Schinnen USAG Schinnen USAG Schinnen
Andre Garçon Hans Luijpen	35-Year 35-Year	USAG Benelux USAG Schinnen
Ray Bryant Stephen Michael Philippe Poriau Maria Schmitz	30-Year 30-Year 30-Year	USAG Schinnen USAG Benelux USAG Benelux USAG Benelux
Jean-Marie Adam Adelheid Tiberghein Harold Browaeys Jocelyne Daragas Tom Fiddelers Anne Mayeur Jan Mennens Dirk Stevens Alex Suchowersky	25-Year 25-Year 25-Year 25-Year 25-Year 25-Year 25-Year 25-Year 25-Year	USAG Benelux USAG Benelux USAG Benelux USAG Schinnen USAG Benelux USAG Schinnen USAG Schinnen USAG Benelux USAG Benelux
Pascale Dutrannois Linda Moens Veronique Nazet Irma Ocequeda Jos Sauren Cis Spook René Warmer	20-Year 20-Year 20-Year 20-Year 20-Year 20-Year 20-Year	USAG Benelux USAG Benelux USAG Benelux USAG Schinnen USAG Benelux USAG Schinnen
Dalal Spaw Kenneth Maynard	15-Year 15-Year	USAG Benelux USAG Benelux



## 39th Signal Bn. awards its stars

The 39th Signal Battalion will recognize its civilian and host nation employees Jan. 26 at the 2nd Signal Brigade's third annual "Night of the Stars" civilian recognition dinner and awards ceremony.

The theme of this year's event is "Showcasing Excellence."

Although the brigade has many outstanding employees, this event is designed to showcase the very best leaders serving our nation throughout the European theater. Awards will be presented for the most outstanding community volunteer, the top senior and baselevel civilian employees, and the senior and base-level host nation employees of the year.

Award recipients include:

#### **Edward Richardson**

Senior Grade

U.S. Civilian:

#### Barbara De Vos

Junior Grade

U.S. Civilian

#### Therese Segaert

Senior Grade

Host National

#### Jos Luyten

Junior Grade

Host National

#### Jos Luyten

Host Nation

Local Civilian Safety

#### Christy Oxford

Volunteer of the Year

The 39th Signal employees being honored are dispersed over a wide geographical area supporting operations in the United Kingdom, Belgium, The Netherlands, Luxembourg, Germany, and Italy.

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## Chapel Services

#### SHAPE International Chapel

**Sunday** 

9 a.m. Roman Catholic 11:30 a.m. Collective Protestant

Wednesday

English Mass (Klar) 12:20 p.m.

Daumerie Chapel

**Sunday** 

Collective Protestant 10:45 a.m.

Brussels Chapel

Sunday

Collective Protestant 10:45 a.m. 12:30 p.m. Protestant Gospel

> JFC International Chapel (Brunssum)

Sunday

Collective Protestant 10:15 a.m. 12 p.m. Roman Catholic

#### Religious Education

**SHAPE Chapel** 

10:30 a.m. Catholic Religious Education 10 a.m. Protestant Sunday School

Daumerie Caserne

9:30 a.m. Protestant Sunday School

**Brussels Chapel** 

Catholic Religious Education

JFC International Chapel - Brunssum

Protestant Sunday School Catholic Religious Education 10:45 a.m.

Men of the Chapel

**SHAPE Chapel** 

**Tuesday** Protestant 6:30 a.m. 423-6020/065446020

Daumerie Caserne

Wednesday Protestant 361-5575/068275575 6:30 p.m.

**Brussels Chapel** 

1st Sat. of the month Protestant 368-9677 9 p.m.

#### Women of the Chapel

SHAPE Chapel

9:30 a.m.

6:30 p.m.

Thursday Protestant 9:30 a.m. 423-6020/065446020 Catholic

> 3rd Wed. each month 14 Wed. each month

423-6019/065446019

Daumerie Caserne

Wednesday Protestant 6:30 p.m. 361-5575/068275575

**Brussels Chapel** 

Thursday Protestant 368-9677 8 a.m. JFC International Chapel -Brunssum Wednesday Protestant 9 a.m. 364-2943

## 

## To place a classified ad:



Category:
(Please check
appropriate
hov)

	Autos	for	Sale
J	Autos	for	Sale

☐ Household Goods

■ Volunteers Needed ☐ Job Opportunities

■ Miscellaneous

_			
	<b>S</b> ports	Fani	nmont
	SHOUG	rgui	pmem

☐ Sports Equipment
Name:
Sponsor's Name:
Sponsor's Unit:
Telephone Number:
Brief description of item(s):

Submit via fax to USAG Benelux Public Affairs DSN: 361-5106 or CIV: (32) 068-27-5106

Deadline for submitting classified ads is the 10th of each month. Please limit submissions to 5 items.

NOTE: Classified Ads are provided free of charge for everyone across the USAG Benelux community. Those requesting a classified ad be published in the Benelux EDGE agree all items shall be made available for purchase, use or patronage without regard to race, color, religion, sex, national origin, age, marital status, physical handicap, political affiliation or any other non-merit factor of the purchaser, user or patron.





#### Register At The Chievres Fitness Center No Later Than 9 January, 2007

Open To All U.S. ID cardholders, military, civilian and family members over the age of 16 years, who are assigned to units within Chievres Garrison and SHAPE.

RULES OF COMPETITION: This is a 12 week competition to see who can lose the most weight/body fat in a healthy manner, while learning new techniques and incorporating them into the individuals' daily life. Individuals participating in the program will have mandatory weigh-ins/body fat calculations on 9 January, 2007 and 3 April, 2007. To be eligible for final prizes you must be present for the INITIAL and FINAL weigh-ins. All other weigh-ins are optional.

- Final prize decisions will be made based on overall weight loss and body fat reductions. Final decisions will be made by the CAC Facility Manager.
- Individuals are responsible for tracking their work out routines in the log books provided by the fitness center.
   Participants taking part in extreme weight loss measures such as gastric bypass, prescription medication, or liposuction will forfeit their right to any winnings from this
- Classes will be offered once a week during the program to help individuals learn proper fitness techniques, how to incorporate a safe workout into daily life, good nutrition
- Classes will be othered office a whole daming and programment, motivation and support.
   Weekly prizes and healthy snacks provided by Andrews Federal Credit Union.

Sponsored By





**USAG BENELUX** 

## Pre-Separation & Transition Assistance Program (TAP)

Hotel Le Maisieres **5-9 February 2007** 



Pre-Separation Briefing

Starts 5 February at 1300 hrs
6-9 February - Daily 0800-1700 hrs
Find out about different TAP topics like:

Home Loans, Health Benefits, Interview techniques, Reviewing Job Offers, Support and Assistance, Career Exploration, Strategies for an Effective Job Search, and much more.





For details and registration at Chievres/SHAPE dial DSN 423-4904 or CIV (065) 44.4904